

Winter Menu Week One:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetabix (contains barley, wheat) Rice Krispies (contains barley) Shreddies (contains barley, gluten, wheat) Multi-grain Hoops (contains barley, wheat and oats)	Weetabix (contains barley, wheat) Rice Krispies (contains barley) Shreddies (contains barley, gluten, wheat) Multi-grain Hoops (contains barley, wheat and oats)	Weetabix (contains barley, wheat) Rice Krispies (contains barley) Shreddies (contains barley, gluten, wheat) Multi-grain Hoops (contains barley, wheat and oats)	Weetabix (contains barley, wheat) Rice Krispies (contains barley) Shreddies (contains barley, gluten, wheat) Multi-grain Hoops (contains barley, wheat and oats)	Weetabix (contains barley, wheat) Rice Krispies (contains barley) Shreddies (contains barley, gluten, wheat) Multi-grain Hoops (contains barley, wheat and oats)
Snack	Selection of fruit and vegetables. Crackers (contains wheat and may contain milk) Breadsticks (contains wheat, barley and may contain sesame seeds. Not suitable for soya and milk allergy sufferers)				
Milk					
Lunch	Vegetable curry served with naan bread and rice (contains gluten, not suitable for milk allergies)	Spaghetti bolognaise with garlic bread (contains gluten and beef)	Roast chicken dinner, roast potatoes, vegetables and stuffing (contains gluten)	Sausage plait, new potatoes and vegetables (contains soya, pork and gluten)	Breaded fish, potato, peas and sweetcorn (contains eggs, gluten and fish)
Dessert / Fruit option available	Fruit and yoghurt (contains dairy)	Jam sponge and custard (contains egg, gluten and dairy)	Shortbread (contains gluten)	Lemon drizzle (contains egg and gluten)	Banana tray bake (contains egg and gluten)
Tea Time	Pitta bread, hummus, vegetable sticks (contains gluten and dairy)	Beans on toast (contains gluten)	A selection of sandwiches and vegetable sticks (contains pork, dairy and egg)	Fish finger and beans (contains gluten)	Pizzadillas (contains dairy and gluten)
Babies	Age appropriate alternative				
	Our cooks cater for all allergy requirements, vegetarian and vegan options are available across our menu				

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Snack	Selection of fruit and vegetables. Crackers (contains wheat and may contain milk) Breadsticks (contains wheat, barley and may contain sesame seeds. Not suitable for soya and milk allergy sufferers)				
Milk					
Lunch	Macaroni cheese, served with vegetables (contains gluten and dairy)	Fish in parsley sauce, new potatoes and vegetables (contains dairy and gluten)	Chicken pie, cubed potatoes and vegetables (contains gluten)	Cottage pie (contains beef)	Sausage, mashed potatoes and vegetables (contains pork and wheat)
Dessert / Fruit option available	Fruit cupcakes (contains egg and gluten)	Apple crumble and custard (contains gluten and dairy)	Banana and yoghurt (contains dairy)	Oat and raisin slice (contains gluten)	Jammy biscuits (contains gluten)
Tea Time	Jacket potato with variety of fillings (contains dairy)	Variety of sandwiches (contains pork, egg, gluten and dairy)	Mini Ploughmans (contains pork,, gluten and dairy)	Hoops on toast (contains gluten)	Cheese scones and veggi sticks (contains gluten and dairy)
Babies	Age appropriate alternative				
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Winter Menu Week Three:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetabix (contains barley, wheat) Rice Krispies (contains barley) Shreddies (contains barley, gluten, wheat) Multi-grain Hoops (contains barley, wheat and oats)	Weetabix (contains barley, wheat) Rice Krispies (contains barley) Shreddies (contains barley, gluten, wheat) Multi-grain Hoops (contains barley, wheat and oats)	Weetabix (contains barley, wheat) Rice Krispies (contains barley) Shreddies (contains barley, gluten, wheat) Multi-grain Hoops (contains barley, wheat and oats)	Weetabix (contains barley, wheat) Rice Krispies (contains barley) Shreddies (contains barley, gluten, wheat) Multi-grain Hoops (contains barley, wheat and oats)	Weetabix (contains barley, wheat) Rice Krispies (contains barley) Shreddies (contains barley, gluten, wheat) Multi-grain Hoops (contains barley, wheat and oats)
Snack	Selection of fruit and vegetables. Crackers (contains wheat and may contain milk) Breadsticks (contains wheat, barley and may contain sesame seeds. Not suitable for soya and milk allergy sufferers)				
Milk					
Lunch	Vegetable chilli, rice and homemade tortillas (contains wheat)	Meatballs, mashed potatoes, vegetables and gravy (contains soya and pork)	Beef hotpot and vegetables (contains beef)	Breaded fish, wedges and vegetables (contains gluten and egg)	Chicken curry, rice and naan bread (contains gluten, not suitable for milk allergies)
Dessert / Fruit option available	Fruit granola and yoghurt (contains oats and dairy)	Orange shortbread (contains gluten)	Carrot cupcakes (contains egg, dairy and gluten)	Apple, apricot and raisin squares (contains gluten and egg)	Banana tray bake (contains egg, gluten and dairy)
Tea Time	Sausage in a roll (contains gluten, pork and wheat,)	Homemade pizza (contains gluten and dairy)	Ham and cheese wraps (contains wheat, pork and dairy)	Variety of soup chefs choice (contains gluten and dairy)	Variety of sandwiches and vegetable sticks (contains gluten, pork and dairy)
Babies	Age appropriate alternative				
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